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YES, BUT HOW ARE HIS SPANKING SKILLS?

TWITTER IS ALL ATWITTER WITH SPECULATION OVER WHO SHOULD BE CAST IN THE 50 SHADES OF GREY MOVIE — AND ALEXANDER SKARSGARD SEEMS A POPULAR CHOICE **PAGE 11**



'I just want my bike back.' Theft victim

London woman with mobility problems makes heartfelt plea for thief to return her bicycle **PAGE 3**

Amazing Race leads London duo to Brazil

Sort of. Dave Schram and Jet Black are heading to South America to help the charity World Vision **PAGE 4**

Worker's death prompts safety concerns

Property-management firm worried construction worker's harness wasn't being used **PAGE 5**

'This was a bad place': Inspector



Fire prevention inspector Jeff Rowell checks out a vacant building east of downtown London, and finds, among other things, a discarded syringe. MIKE DONACHIE/METRO

Vacant buildings crackdown. Neglect your property and you'll be on 'the list'



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There's a syringe on the ground, a hole in the wall and a concerned firefighter weighing up the scene carefully.

Welcome to one of London's vacant buildings, and the combined effort by public agencies to clean up the problem.

Fire prevention inspector Jeff Rowell is making a list. Right now he has 71 vacant buildings on it and 16 more to check out.

It's part of a crackdown, using existing powers under the provincial fire code, to deal with the blight of empty buildings and the risk they pose to the public, city staff and emergency services.

"This was a bad place and full of needles," said Rowell as he took Metro to a house just

east of downtown. "It was one I found insecure."

"I had to charge the owner for failure to secure his building."

It got worse.

When the problem continued, an order to demolish the building within 45 days was slapped on it. With the support of city bylaw staff, the fire department is getting tough.

"We're working with London Police Service, the building and property standards unit, EMS, hydro and gas in identifying all known vacant properties," said Deputy Fire Chief Jim Jessop. "We've created a register, primarily so that when we get dispatched the fire crews know if the building will be occupied or not."

If a building is found to be vacant, the fire service will secure it and bill the owner.

When there are multiple calls to the same property, building owners run the risk of seeing their building demolished and being handed the bill. It's happened twice in London recently.

Leaving a building vacant and unsecured is antisocial be-

haviour, city staff says. It usually opens the door to drug use, vandalism, declining property values and, with multiple call-outs to fires in such buildings, unacceptable risks to cops, EMS and firefighters.

"We know that statistically across North America, more firefighters are injured or have been killed in vacant structures than any other type of structure," Jessop explained.

There's the ever-present threat from needles and syringes, while other structures are unstable, containing voids that firefighters don't see in blacked-out and smoky conditions, officials say. They're called to vacant buildings a lot. Trespassers, apparently, light a lot of fires.

Back at the vacant house east of downtown, Rowell notes that, despite the one needle still in the backyard, the owner has actually fixed up the house, installing new windows.

The fire department may talk to the owner and rethink its enforcement in this case, but elsewhere the crackdown continues.

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London Food Bank feeling strain, but demand is met

Thanksgiving.

Volunteers spent part of holiday giving back to those facing challenges



SCOTT TAYLOR

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Officially, nearly 4,000 local families depended on the London Food Bank for their Thanksgiving dinner.

London Food Bank co-directors Glen Pearson and Jane Roy know the real number is higher, saying demand for food has spiked 40 per cent in the past five years.

Every day, it seems like a new family is coming through the doors, they said. Often, at least one person in that family works, but it's just not enough.

"Twenty-five years ago when we started the food bank, there was a lot of prejudice out there about people on welfare being too lazy to work, and we had to fight that for years," Pearson said.

When you're working for minimum wage, about 60 per cent of your income can be spent on accommo-

Quoted

"Growing proportions that come here are holding two or three jobs and still can't afford to feed their families."

Glen Pearson, co-director of the London Food Bank

dations alone.

Add in other expenses such as electricity, heat, bus passes and a phone and there's precious little left for food.

Fortunately, many London residents understand what the battle is all about and step up to help.

The food bank wrapped up its Thanksgiving food drive early Monday with volunteers spending a portion of their holiday sorting canned goods and other donations.

A final tally will be released Wednesday, but leaders of the non-profit were optimistic they would finish ahead of last year as the counting started.

"People seem a lot more aware of the food issue here in London than they have been in the past," Pearson said. "We had Libro em-

In numbers

- The London Food Bank feeds 3,600 families a month. That number is expected to hit 4,000 in the next two to three years.
- Another 5,000 families a month benefit from food the organization distributes to 20 organizations.

ployees and the Knights of Columbus going to grocery stores to hand out bags to people as they came in. People just needed that reminder, and that makes a difference (toward donations) at each store of about 50 per cent."

Roy said the food bank's volunteers are a tireless, generous band that always gets the job done.

She just wishes they could take more breathers.

"When you look at how much we're up over the past five years, it's discouraging that there are so many Londoners that come to us for help," she said.

Follow Scott Taylor on Twitter @taylorinlondon

East end

One charged in steak-knife stabbing

London police have laid charges in a weekend stabbing in the city's east end.

Stella Miko, 20, was arrested on the scene and charged with assault causing bodily harm. The weapon used in the incident, police say, was a steak knife. **METRO**



Achan Roy, 13, sorts donations Monday morning at the London Food Bank. She could have been taking it easy on Thanksgiving Day, but said volunteering gives her joy. SCOTT TAYLOR/METRO

Woodstock. Man charged for alleged \$20K fuel theft over several months

Woodstock cops have arrested a man after they say more than \$20,000 worth of fuel was stolen over a series of months.

According to police, events came to a head about 7:35 p.m. Oct. 8 when they were called to Armtec Ltd. (1100 Dundas St.).

Witnesses saw a black Dodge pickup leaving the lot

with large barrels filled with gas. It was driven with one flat tire allegedly running a red light en route and losing a barrel along the way. Police have charged Jeffery Jones, 37, of Woodstock, with theft over \$5,000, possession of stolen property and dangerous driving. **MIKE DONACHIE/METRO**

Investigation. Police seeking suspect in pharmacy robbery

Police are on the hunt for a suspect wanted in connection with the Saturday night robbery of a north London Shoppers Drug Mart.

The suspect is described as an aboriginal male, 40- to 45-years-old, about five-foot-eight and about 160 pounds. He was last seen wearing

a dark blue baseball cap, a light blue Nike hoodie, black sweatpants and black running shoes.

Police say he went into the store about 11:50 p.m. and demanded cash from a clerk. He left with a small amount of money.

METRO

Three face charges. Police seize drugs, cash in raids across the city

Three people have been charged after cops seized \$85,000 in Canadian currency, a large quantity of drugs and a vehicle in an operation targeting alleged drug dealers.

London Police Service investigators say the drugs alone — 785 grams of cocaine and 672 grams of marijuana — are valued at more than \$170,000. A 2006 GMC Envoy SUV taken is worth \$8,000, police said.

The items were found during Thursday searches of addresses on Princess Avenue, Springbank Drive, High Street and Richmond Street.

Ryan Monteith, 26, has been charged with multiple counts of possessing a con-



Drugs seized by London police in raids at four addresses. CONTRIBUTED

trolled substance for trafficking, resisting arrest and possession of property obtained by crime.

Darcy Insley, 23, has been charged with possession of property obtained by crime. Joseph Stokes, 33, has been charged with drug possession.

MIKE DONACHIE/METRO

New award. Chamber, Pillar to recognize the 'good' in business

It's not just about good business; it's also about businesses doing some good in the communities where they live, work and play.

The London Chamber of Commerce has partnered with Pillar Nonprofit Network to recognize corporate good Samaritans when the Business Achievement Awards are handed out in March. Nominations are now being accepted for the new Corporate Social Responsibility (CSR) award.

"CSR is about creating value in the community through responsible business practices," Pillar executive director Michelle Baldwin said.

Criteria includes: Governance, reporting transparency,

people, programs and engagement, employee engagement, environmental stewardship, supply chain management and charitable donations and sponsorships.

"The London Business Community contributes in many ways to our city beyond their economic contribution," says London Chamber of Commerce CEO Gerry Macartney, "making the Corporate Social Responsibility Award part of our annual awards gala seemed to be an appropriate way to recognize that."

To nominate a company, check out the Business Achievement Awards section under "events" at londonchamber.com. SCOTT TAYLOR/METRO



Security camera footage shows the man alleged to have stolen Cayla Brandt's bike riding it along King Street near Clarence. CONTRIBUTED

Victim of bike theft makes heartfelt plea

Appeal. Woman with mobility problems appeals for thief to return bicycle



MIKE DONACHIE
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"I won't press charges," she said. "I just want my bike back."

Mobility problems are nothing new to Cayla Brandt. The 30-year-old suffers from hip anteversion, a physical condition that makes it pain-

ful for her to walk distances.

So, she cycles to GoodLife Fitness, where she makes a living answering inquiries from gym members.

Last week, when someone stole her bike from right outside the office, in the middle of the afternoon, in full view of a security camera, Brandt was devastated. "I bike ride because it's the only thing I can do that doesn't cause me pain when exercising," said Brandt. "My commute to work to stay fit is from White Oaks Mall to downtown and back every day. So when my bike was taken it was like, 'Oh, are you kidding me?'"

At a glance

- Cayla Brandt's bike was taken from outside the offices of GoodLife Fitness (201 King St.).
- The theft happened about 2:30 p.m. Oct. 9.

Brandt had two locks on the bike but the thief, who Brandt suspects may have been by earlier to check it out, took very little time to break them.

Although she knows bikes are stolen every day and

she has little chance of seeing hers again, Brandt has launched a campaign against the thief, using a picture of him captured on the security camera. "I'm trying to get my bike back, or at least make it so that this guy sees his picture around and doesn't try to steal someone else's bike," Brandt said.

"Myself and a co-worker put some posters up around downtown. If he sees the posters, I won't press charges. I just want my bike back."

In the meantime, Brandt has been loaned a bike by a colleague and has plans to buy a new one.



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London's Amazing Race Canada duo Jet Black, left, and Dave Schram are off on a new adventure. COURTESY CTV

London's Amazing Race pair off to Brazil

Sponsors. World Vision adventure next for Jet Black and Dave Schram



MIKE DONACHIE

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When you've taken part in the Amazing Race, where do you go from there?

The answer is: Brazil.

Londoners Dave Schram and Jet Black are off on a new adventure, going to locations in the South American country to help the charity World Vision.

The relief organization supports people in poverty in the developing world, and it's an inspiration to Schram and Black.

"World Vision offered us the

chance to travel to Brazil," said Schram. "Blackie and I have both been sponsors for 10 years almost, so when the opportunity arose that we'd get to do this trip, we instantly said 'Yes.'"

"Both of us couldn't be more excited."

Schram has been to Brazil before, in 2006, but was only there for a day.

He met his sponsor child and her family and describes it as "one of the best experiences of my life."

While there, they will tour World Vision projects and meet some of the people benefiting from the charity's work.

Followed by two TV crews, they will also do promotional work for the World Vision Christmas catalogue, filming guides to how people can buy animals and equipment for families and communities.

Quoted

"This is a blessing. This is the type of stuff that I genuinely wanted to do, that the race has given us the opportunity to do."

London's Dave Schram on travelling to Brazil with World Vision

At a glance:

- Dave Schram is a marketing executive in downtown London and Jet Black is a police officer.
- They almost made it to the end of the Amazing Race Canada, but were eliminated in the second-to-last part of the series.

As for the aftermath of the Amazing Race, it's been back to work for the friends who became known across Canada simply as Jet and Dave. Each will take time off work to travel with World Vision.

"We didn't know where the Amazing Race would take us," said Schram. "Certainly, we didn't think it would be Brazil."

"The reaction and the overwhelming support that we got from Canada was nothing short of just amazing."

"We never dreamed that people would support us as much as they have. We didn't know if there was anything after our 15 minutes of fame."

Cops lay more criminal charges in Project Learn

There may have been some national controversy, but London Police have declared themselves satisfied with Project Learn.

The enforcement campaign, which seeks to manage the student population at some of its rowdiest occasions of the year, led to 77 criminal charges, mostly for non-students.

Only 15 students were charged criminally, although that's up from the previous year, when there were 61 criminal charges, seven of them against students.

A police statement on the campaign, issued Friday, made no mention of the controversy when Western Mustangs cheerleaders were issued a ticket for an impromptu cheer in the street during homecoming weekend.

The statement said: "From a police perspective, Project Learn, including that of

Quoted

"Project Learn, including that of Homecoming 2013, was a great success."

Police press release

Homecoming 2013, was a great success.

"With no injuries or major incidents reported, (the London Police Service) is pleased with the results of the project and plan to continue ensuring the safety and enjoyment of all communities in our city."

The name "Learn" is an acronym for Liquor Enforcement and Reduction of Noise. The campaign, kicking off annually as students return to campuses for fall classes, sees extra patrols downtown and near Western University and Fanshawe College.

MIKE DONACHIE/METRO

Project Learn at a glance

2013

- **Criminal charges: 77.** Students charged: 15 (19.5 per cent). Non-students charged: 62 (80.5 per cent).
- **Provincial offence notices: 2,307.** Students: 1,278 (55.4 per cent). Non-students: 1,029 (44.6 per cent).

2012

- **Criminal charges: 61.** Students: 7 (11.5 per cent). Non-students: 54 (88.5 per cent).
- **Provincial offence notices: 2,293.** Students: 1,276 (55.6 per cent). Non-students: 1,017 (44.4 per cent).



A London police officer issues a ticket during Western University's homecoming celebration last month.

Homecoming fell during one of the final weekends for Project Learn. METRO FILE

LEDC chief optimistic. Latest unemployment data a mixed bag

The unemployment rate for the London area is down again, and the man in charge of creating local jobs says it shows “momentum” in the right direction.

Few issues are so intensely discussed in the Forest City, and the latest figures from Statistics Canada will keep fuelling the debate.

For months, London was seen as having Canada’s worst big-city unemployment rate, peaking at 9.9 per cent in April.

Since then, it’s dropped steadily. September’s figures show a 7.9 per cent unemployment rate for the London-St. Thomas area. That’s down from 8.3 per cent in August.

But — and here’s the kicker — that decline is being blamed on a drop in people looking for work. The stats say 2,700 fewer people wanted to find a job in September.

That’s much the same across the province, and confidence is growing in London, insists Kapil Lakhota, interim general manager of the London Economic Development Corp.

“As far as unemployment rates go, we should focus on longer-term trends rather than monthly figures,” he said. “This is the fifth straight month of declining unemployment rates, and that’s a good indicator of momentum.”

“It doesn’t need to be looked at in isolation. We



Kapil Lakhota, interim general manager of the London Economic Development Corp. METRO FILE

need to look at government activity, other economic trends and companies coming into town, all of which are good employment creation.”

He also said the rate dropping below eight per cent will build confidence, as it’s passed a “psychological barrier.” The opposite effect — a lack of confidence — was the result when it was near 10 per cent.

The drop in the local unemployment rate compares with small rises in Toronto, to 7.9 per cent; Hamilton, to seven per cent; and Windsor, to 9.2 per cent.

Joblessness was down in Kitchener-Waterloo, where it was 7.3 per cent.

Nationally, unemployment was down to 6.9 per cent as students went back to school.

Overall, the rate for Ontario was little changed, StatsCan says, decreasing by 0.2 percentage points to 7.3 per cent. MIKE DONACHIE/METRO

Seeking work

7.9%

September unemployment rate for London-St. Thomas.

SOURCE: STATISTICS CANADA

Dream homes, cash and more. Lottery benefiting patient care returns

It’s back.

Officials at three hospital foundations have teamed up for the fall edition of London’s Dream Lottery.

The ultimate grand-prize winner in this year’s draw will get to pick between three homes or \$1 million in cash. There’s also a slew of smaller prizes in the pot, including a daily draw for \$1,000 from

Dec. 10 to 21.

Since 1996, the lottery has netted more than \$23.9 million for Children’s Hospital, London Health Sciences Centre and St. Joseph’s Health Care London.

Proceeds are used for research, education and projects that improve patient care. For details, visit dreamitwinit.ca. METRO



A memorial for construction worker Nick Lalonde has been put up at the building site where he died Friday in Waterloo. TORSTAR NEWS SERVICE

Safety concerns aired in London worker’s death

Incident at Waterloo construction site.

Property-management firm worried harness wasn’t being used

Investigation underway

“We are co-operating with the authorities, and hope to uncover the reasons behind this tragic event.”

Statement from property-management firm Maison Canada

Canada, fears Nick Lalonde was not tied to a safety line.

“The tragedy wouldn’t have happened,” Fariborzi said.

The Ministry of Labour said Lalonde was doing masonry work Friday afternoon on the top floor of the stu-

dent apartment building on King Street North.

Witnesses say a crane was moving cinder blocks, and they saw the blocks hit the worker, who then fell several storeys to the metal scaffolding below.

Lalonde worked for Cen-

tral Construction, who was contracted to do the job by Maison Canada.

Fariborzi said Lalonde was new to the job site and hadn’t been working at the Waterloo building for a full week yet. He had started last Monday.

Fariborzi said his company is working with the Ministry of Labour to piece together how Lalonde died.

“We ... want to send our most sincere condolences to his family and friends,” Maison Canada said in a statement. TORSTAR NEWS SERVICE

Chief of police makes 5 a.m. arrest — while holding on to his dog



London police Chief Brad Duncan METRO FILE

If you’re up to no good, it’s best to make sure nobody’s around.

So two alleged would-be car thieves had the worst possible luck last week when they were spotted by the chief of police himself.

Not only did Chief Brad Duncan arrest one of them after a struggle, he did it while holding Mikka, his golden retriever, on a leash.

It all happened at 5:15

a.m. Thursday, when Duncan was getting ready to take Mikka for her morning walk.

“I looked at my neighbours’ (house), and two individuals were around the vehicle,” said Duncan. “I called out to them. They started to walk away. I yelled at them to stop.”

After Duncan identified himself as a police officer, one of the suspects hopped a fence, but Duncan grabbed

the other. He then called in some backup and a uniformed cop took over.

“Our members here are engaged in off-duty arrests far more than the general public would ever believe,” he said. “Our oath of office is to be engaged 24-7.”

Kyle Pettigrew, 21, of London, was charged with trespassing at night and resisting arrest.

MIKE DONACHIE/METRO

Baby who was born in jail dies only weeks after first birthday

Autopsy scheduled.

Julie Bilotta mourns the loss of her son Gionni, whom she was forced to give birth to in an Ottawa cell

Police in Cornwall, Ont., are investigating the sudden death of a one-year-old boy who was born on the floor of an Ottawa jail cell in September 2012.

In a statement on their website, police said they responded to a Cornwall home shortly after 5 a.m. Sunday for a 13-month-old child without vital signs. The boy was later pronounced dead in hospital.

On Sunday morning, the boy's mother, Julie Bilotta wrote on her Facebook page:

"How could this happen to us life will never be the same! We love you Gionni mommy will be with you soon."

Bilotta was in jail last year



Julie Bilotta, who gave birth in an Ottawa jail cell in September 2012, holds her son at the Elizabeth Fy Society of Ottawa on Oct. 18, 2012, after being granted bail in Cornwall. Cornwall police are now investigating the death of the one-year-old boy. JOE LOFARO/METRO FILE

facing drug trafficking and fraud charges in April. She was forced to give birth in a jail cell after guards allegedly ignored her pleas for help. The incident

sparked outrage among the public and some correctional and medical staff involved in the incident were disciplined.

An autopsy is scheduled in

the coming days.

"As is the provincial standard, such cases are automatically investigated by the Regional Coroner's Office, with the

assistance of the police, to attempt and determine the cause and manner of death," the police statement says.

Bilotta's lawyer, Lawrence

Greenspon, told Metro the boy had suffered respiratory problems "on and off," since birth.

SEAN MCKIBBON/METRO
WITH FILES FROM JOE LOFARO

On social media

Photos of baby Gionni eating birthday cake seem to indicate he was healthy enough for a party. But on Oct. 6, Bilotta wrote, "My poor baby was sick all night."

- In a followup reply, she said Gionni had been having breathing trouble so she took him to hospital.

- Condolences flowed on Facebook. Lisa Lynne Lauzon wrote, "He was so so beautiful Julie and you will forever carry him in your heart! I can't even imagine. I'm so sorry may god be with him; all your family at this time."

New research

Chemical linked to possible risk of miscarriages

New research suggests high levels of BPA, a chemical in many plastics and canned-food linings, might raise the risk of miscarriage in women. The work is not enough to prove a link, but it adds to "the biological plausibility" that BPA might affect fertility and other aspects of health, said Dr. Linda Giudice.

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Asia

Canada to give Laos \$1M to help with cluster bombs

Canada is planning to answer a plea by the South Asian country of Laos and restart funding to help it cope with its infestation of deadly cluster bombs, The Canadian Press has learned.

Foreign Affairs Minister John Baird is to announce a \$1-million contribution during a trip to Laos Tuesday.

THE CANADIAN PRESS



Digital memories of hajj

A Muslim pilgrim poses for a picture on the Mountain of Mercy, near the holy city of Mecca, Saudi Arabia, on Monday. Around sunset, the pilgrims on hajj leave Mount Arafat and head eight kilometres to Muzdalifa, a desert plain where they collect pebbles. Those pebbles will be used in a symbolic stoning of the devil that begins Tuesday, marking the start of the three-day Eid al-Adha feast, celebrated by Muslims around the world. AMR NABIL/THE ASSOCIATED PRESS

B.C. man thankful for help getting new trailer

It was a Thanksgiving Stephen Chalmers will never forget — the good nor the bad.

Chalmers suffers from multiple mental illnesses and fell into a deep depression after the power was accidentally cut a month ago to his home in the Beladean Trailer Park in Surrey, B.C.

He had accepted a buyout from the landlord to leave the property, but discovered afterward that he couldn't because his leaky 1989 trailer is too old and broken down to be accepted at most other trailer parks.

His sister, Marilyn Chase, doesn't have a computer or use the Internet, but with Metro's assistance, she started a \$5,000 fundraising campaign to buy her brother a used but newer trailer. By press time Monday, the campaign had raised \$4,660.

"As far as I can understand, it seems to be pretty successful, which is really amazing to me, all these people who don't know us from Adam are pitching in. It's wonderful," she said.



Stephen Chalmers METRO

"It means that I can sleep at night, because I know that my brother's not going to be stuck there forever and ever."

The search is now on for a trailer dealer or seller who is willing to offer a great deal on a used trailer for Chalmers — one that doesn't leak and has functioning propane and water hookups.

Chalmers said because of the campaign, he sees "a light at the end of the tunnel" that wasn't there before, but wanted to stress that there are still eight other tenants at the park

who are just as scared and confused about their future as he is.

"I'd like to thank everybody that's helping me, but I really need everybody to help them, too," he said through tears.

KATE WEBB/METRO IN VANCOUVER

How to make a donation

To donate to the campaign, visit metronews.ca/newtrailer



\$5M Africa prize for accountability unclaimed

Study. Mo Ibrahim Foundation finds 32 countries have seen a decline in safety and the rule of law

Accountability on the African continent did not have a good 48 hours. On Sunday, the African Union said an international court should delay its trial of Kenya's president. And on Monday, the Mo Ibrahim Foundation declined to give its annual good governance award — and \$5 million US prize — to any former African leader, saying none had earned it.

A new measurement released by the foundation on Monday found that 32 countries on the continent have seen a decline in the categories of safety and the rule of law since the year 2000, as violence inside borders rises.

Mo Ibrahim, a British mobile phone magnate who was born in Sudan, said his foundation should not lower its standards in order to present the award every year and that young Africans are taking leadership more seriously now. "Africa is changing, and the young African generation

The Hague



Kenya's President Uhuru Kenyatta, centre left, is due in The Hague, Netherlands-based ICC next month, but there are growing indications that he will not go.

- Kenyatta and Deputy President William Ruto both face International Criminal Court charges for allegedly helping to orchestrate 2007-08 post-election violence.
- In a summit of African leaders on Sunday, the African Union said it would petition the UN Security Council to have Kenyatta's case deferred.

is different," he said.

Still, some of the more than 50 countries in Africa are still ruled by men who stay in office for decades. Others are accused of backing deadly wars or committing war crimes.

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Obama postpones meeting with debt ceiling deal in sight

U.S. President Barack Obama helps bag sandwiches with furloughed federal workers volunteering at a Martha's Table kitchen in Washington, D.C., on Monday. Both Obama and the top Democrat in Congress reported progress toward a deal to avoid a threatened default and end a two-week partial government shutdown, as Obama called congressional leaders to the White House to press for an end to the impasse. The meeting was postponed indefinitely to give Senate Majority Leader Harry Reid and Senate Republican leader Mitch McConnell more time to work. T.J. KIRKPATRICK-POOL/GETTY IMAGES

Nobel. Three Americans share economics prize

Three Americans won the Nobel prize for economics on Monday for developing methods to study trends in stock, bond and house prices — work that has changed the way people invest.

Eugene Fama showed in the 1960s how hard it is to predict markets in the short run, while Robert Shiller two decades later showed how it can be done in the long run. Lars Peter Hansen developed a statistical method to test

theories of asset pricing.

For their separate research, the three economists shared the \$1.2-million prize — the last of this year's Nobel awards to be announced.

"Their methods have shaped subsequent research in the field," the Royal Swedish Academy of Sciences said.

Fama, 74, and Hansen, 60, are associated with the University of Chicago. Shiller, 67, is a professor at Yale.

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Taylor. Former president fears transfer to U.K. jail

Former Liberian President Charles Taylor enjoys playing tennis with fellow inmates in The Hague and is worried about his personal safety once he is transferred to Britain to serve out his sentence for war crimes and crimes against humanity, according to new documents released by his lawyers.

Taylor has been on good behaviour since his transfer to The Hague seven years ago, though he has spoken

his mind to prison officials to object to changes in his living conditions, according to the documents. He also has a reputation for paying "particular attention to his deportment and appearance."

Taylor, 65, was arrested and transferred to The Hague in 2006. He received a 50-year sentence last year for sponsoring atrocities committed by the Revolutionary United Front rebels in Sierra Leone.

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Thailand

Rihanna's tweets lead to arrest of bar owner

Thai authorities have arrested a bar owner in connection with a lewd sex show mentioned in racy tweets by pop star Rihanna during her recent trip to Thailand, officials said Monday, two weeks after an Instagram photo of Rihanna with a protected primate led to the arrest of two other men.

Officials on the island of Phuket, 680 kilometres south of Bangkok, said Monday the bar owner faced charges of obscenity and operating an entertainment



THE ASSOCIATED PRESS

venue without a permit.

Local district chief Weera Kerdpirimongkon said the man was arrested Saturday as part of a crackdown on shows featuring naked dancers.

Weera said the bar owner could face up to one month's imprisonment and a fine of up to 60,000 baht (\$1,900 US).

This isn't the first arrest triggered by Rihanna's postings on social media.

A photo of her with a slow loris on Instagram led local police to arrest a 20-year-old man and a 16-year-old boy, who could face charges of possession of protected animals. The charge carries a penalty of a fine and up to four years in prison.

Chicago Marathon

Man finishes after nearly 17 hours

A Venezuelan man with muscular dystrophy was the last runner to cross the finish line of the Chicago Marathon — nearly 17 hours after he started the race.

Thirty-eight-year-old Maickel Melamed made it across the finish line of the 42-kilometre race at 1:30 a.m. Monday. About 100 people cheered him on as he finished.

The resident of Caracas says his message to people is: "If you dream it, make it happen."

The winner — Kenyan Dennis Kimetto — finished the course in 2 hours, 3 minutes, 45 seconds.

THE ASSOCIATED PRESS

JOB AND BUSINESS OPPORTUNITIES FAIR

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- About Borea Construction, ULC and NextEra Energy Canada, ULC
- Qualifications and/or requirements for employment
- Qualifications and/or requirements to be a qualified subcontractor/supplier for Borea Construction and NextEra Energy, ULC

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United Kingdom

Another 'Kenya mall' terror attack averted, cops say

British law-enforcement agencies averted a plot to orchestrate a large-scale terror attack similar to the assault on Kenya's Westgate mall, an official said Monday.

Police were questioning four men in their 20s on suspicion of terrorism after they were detained Sunday in pre-planned,

intelligence-led raids.

The official said it was not clear how advanced the planning was but that any attack was not imminent.

Dramatic CCTV footage has emerged of one of the arrests, in which counter-terror police are seen tackling a suspect on the street in an upscale west London neighbourhood.

Elsewhere, police fired special ammunition — aimed at breaching doors or bursting tires — to stop a car near the Tower of London, and arrested two men. **THE ASSOCIATED PRESS**

Kano, Nigeria. Men told to cover up those calves or face the consequences

Cutoff pants displaying your bulging calves? Sleeveless T-shirts showing off a well-muscled physique?

Forget it in Nigeria's northern Kano state, where Islamic police are deploying thousands of officers to arrest anyone sporting the "indecent dress" that's fashionable among young men driving motorized rickshaw taxis.

Police also have orders to

arrest any cabbie carrying men and women together in the confined space.

Officers have orders to stop and search to make sure everyone obeys — including Christians, according to Yusuf Yola, spokesman for the board that is responsible for ensuring compliance with Shariah laws in Kano.

Nine of Nigeria's 37 states have introduced Shariah law since 2000. **THE ASSOCIATED PRESS**



An unidentified man wears a sleeveless T-shirt and cutoff pants as he drives a rickshaw in Lagos, Nigeria. SUNDAY ALAMBA/THE ASSOCIATED PRESS

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People detained by police line up for identity checks at a vegetable warehouse on the outskirts of Moscow on Monday. DENIS TYRIN/THE ASSOCIATED PRESS

Workers hit by race riot, then cop raid

Russia. Warehouse had been the target of people seeking justice for stabbing death

Russian police on Monday swept through a vegetable warehouse, rounding up over 1,000 migrant workers, checking their documents and loading them onto vans to be investigated for criminal activity.

The raid came the day after demonstrators, angry over the stabbing death of an ethnic Russian man, descended on the warehouse where they be-

lieved the killer was working, throwing bottles and trash, smashing windows and turning over cars. Police detained hundreds of rioters.

Men who worked at the warehouse in Biryulyovo were marched outside. Dozens of people gathered at the market nearby to pledge their support to the rioters, venting their anger at the migrants from the predominantly Muslim Caucasus region, whom many Russians accuse of pushing up the crime rate and taking badly needed jobs.

Andrei Galiakberov, spokesman for the Moscow police, described the roundup as part of a "pre-emptive raid"

and said that some detainees are being investigated for possible criminal connections.

Police also said that they found a car full of cash and unlicensed arms.

Elvin Khassan, who moved from Azerbaijan to Biryulyovo, faced off with an ethnic Russian man who was waving photos of the suspected killer in his face, shouting, "You are hiding one of your own! Hand him over!"

Most of those in the crowd said they supported the rioters, who they said could be relied on more than the police to protect the neighbourhood.

"They protected us; they are patriots," said Elvira Ab-

Ethnic tension

Standoffs are becoming more common between ethnic Russians and natives of the Caucasus.

- Even though Caucasus natives are from the same country, they are required to register in order to live in Moscow and face regular discrimination.

losimova, a retiree. "They had a little riot ... and attracted attention (to the issue)."

THE ASSOCIATED PRESS



Ex-Nazi officer Erich Priebke

PLINIO LEPRI/THE ASSOCIATED PRESS FILE

No resting place for the wicked

What to do with the body of a Nazi war criminal no one wants?

Rome's mayor, police chief and the pope's right-hand man have all refused to grant former SS captain Erich Priebke a church funeral in the city where he participated in one of the worst massacres in Italy. Now there's the added question of where to bury

him, since Rome, his adopted homeland of Argentina and his hometown in Germany won't take him.

Priebke spent nearly 50 years as a fugitive before being extradited to Italy from Argentina in 1995 to stand trial for the 1944 massacre at the Ardeatine Caves outside Rome, in which 335 civilians were killed.

He died Friday at age 100 in

the Rome home of his lawyer, where he had been serving his life term under house arrest.

His death has tested the church's capacity for mercy and forgiveness and its need to prevent public scandal. There is a seemingly intractable conflict between respect for the dead and that owed to the victims of the Holocaust.

THE ASSOCIATED PRESS

Research. Ford, U of M aim to jolt development of electric car batteries

Ford Motor Co. and the University of Michigan are opening a new battery research and manufacturing lab that they hope will speed the development of batteries for electric and hybrid cars.

The centre, on the university's campus in Ann Arbor, Mich., will bring together battery makers, car companies and researchers who will test new batteries for prototype vehicles.

Not buying it

1%

Electric cars have been slow sellers, making up less than one per cent of U.S. auto sales last year.

Ted Miller, who manages battery research at Ford, said the lab will be unique in the U.S. **THE ASSOCIATED PRESS**

Expanding empire

Facebook opening first office in Israel

Facebook says it is acquiring an Israeli mobile technology startup and opening its first office in Israel.

Facebook said in a statement Monday that Israeli mobile utility application developer Onavo would help the social media giant create better mobile products and help connect more people around the world to the Internet.

THE ASSOCIATED PRESS

Doth protest too much?

BlackBerry asks for loyalty amid restructuring

BlackBerry is appealing to its customers to stay with the troubled smartphone maker as it restructures.

In an open letter released Monday afternoon on Twitter, BlackBerry tells its "customers, partners and fans" that they can continue to count on the Waterloo, Ont.-based company.

THE CANADIAN PRESS

Call and response. HTC follows Apple's lead with new fingerprint sensor

At your neighbourhood coffee shop, you can order your beverage in small, medium or large. Now, you can do that with phones, too.

HTC Corp. is introducing a larger version of its popular HTC One phone, becoming the latest phone maker to offer its flagship device in three sizes — and, of course, three prices.

The new HTC One Max has one feature unavailable on the smaller models: a fingerprint identification sensor similar to that on Apple's new iPhone 5S. It's an optional way to unlock a phone without using a four-digit passcode. Unlike Apple's version, however, the Max can be programmed to automatically open one of three favourite apps, depending on which finger is used.

HTC spokesman Tom Harlin said the company designed the Max with a fingerprint sensor to make the larger device easier to operate with one hand. Engineers also moved the power button to the side.



The new HTC One Max phone will have one feature unavailable with the smaller models: a fingerprint identification sensor similar to that on Apple's new iPhone 5S.

HTC CORP./THE ASSOCIATED PRESS

On smaller models, it's on top of the phone, when held vertically. **THE ASSOCIATED PRESS**



Carpenter Daniel O'Sullivan, of Ireland, poses for a photograph in Vancouver, B.C., on Saturday. The current shortage of skilled tradespeople in Western Canada is so dire that the B.C. Construction Association is returning to Ireland this month to hire 600 people, said the group's vice-president. DARRYL DYCK/THE CANADIAN PRESS

Canada looks to fill skilled labour gaps

Touchy topic. While employers recruit workers from Ireland, debate rages at home on how to fix the tradespeople shortage

The current shortage of skilled tradespeople in Western Canada is so dire that the B.C. Construction Association is returning to Ireland this month to hire 600 people, said the group's vice-president.

In fact, even if one-in-five students graduating from high

Jingoism or reality?

"There are British Columbians and Canadians that probably could do those jobs."

Tom Sigurdson, executive director of the British Columbia and Yukon Territory Building and Construction Trades Council

school in B.C. during the next three years were to pursue a trade, there still wouldn't be enough workers to fill shortages in the province's construction industry, said Abigail Fulton.

Not everybody agrees with the recruitment drive, especially the province's labour leaders who argue employers can find

skilled, unionized Canadian workers to fill immediate, vacant positions.

Yet, a consensus is developing that there will be a shortage of skilled workers in the coming decade, as proponents of the liquefied natural-gas industry, hydro-electric projects and oil and gas pipelines push their proposals forward.

"There's lots of evidence to suggest we're not doing enough to train construction workers in skilled trades in British Columbia, and if even half these projects come through we're going to have a crisis unless we start now to deal with the problem," said Jim Sinclair, president of the BC Federation of Labour.

The provincial government's statistics indicate there will be more than one-million job openings over the next decade, and more than 153,000 of those will be among trades, transport, equipment operators and related occupations.

THE CANADIAN PRESS

Shooting survivor Giffords attends gun show

A smiling Gabrielle Giffords toured rows of tables loaded with rifles and handguns in her first visit to a gun show since surviving a 2011 shooting, and pleaded afterward for people to come together to stop gun violence.

The former Arizona congresswoman visited the Saratoga Springs Arms Fair on Sunday with her astronaut

husband, Mark Kelly, and New York Attorney General Eric Schneiderman to highlight a voluntary agreement that closely monitors gun show sales in New York.

The trio mixed with a gun show crowd that was mostly welcoming — with a few hostile undertones — before calling for people to build on the co-operative effort.

"We must never stop fighting," Giffords said at a post-tour news conference, her fist in the air. "Fight! Fight! Fight! Be bold! Be courageous!"

Giffords, a face of the national gun control effort, slowly walked hand-in-hand with Kelly through the large room where several weapons were on display.

THE ASSOCIATED PRESS



Gun show organizer Dave Petronis, left, with Eric Schneiderman, Gabrielle Giffords and her husband Mark Kelly. **THE ASSOCIATED PRESS**

THE CHEEKY SIDE OF SCIENCE

This week I learned something that is going to radically change the way you pose for photos. Are you ready for it? Make sure to work your angles ladies and gentlemen because the left side of your face is actually more attractive than the right.

While each one of us believes that we're a unique snowflake with different flattering (or not so flattering) facial features, research shows that we actually all look our best from a specific angle. A 2012 study published in the Experimental Brain Research science journal found that men and women perceive and rate the left side of the face to be more pleasant and visually appealing than the right. Now before you develop a complex about your hideous right cheek, I'll let you in on the science behind this quirky fact.



SHE SAYS
Jessica Napier
metronews.ca

The left side of the face is more emotive, which means we express our emotions more intensely on the left compared to the right. Researchers argue that this facial asymmetry is theoretically the result of a left brain/right brain divide. The right side of the brain regulates our emotional thought and expression; and since each hemisphere controls the opposite side of the body, our emotions register more powerfully on one half of our face.

Still with me?

Essentially, the emotional right brain causes the left side of your face to appear more easy-to-read and consequently, more attractive. Unless of course that powerful emotion leaves you with a furrowed brow and red-eyes while sobbing, in which case you better hope no one is sitting to your left.

If you've ever sat for a graduation portrait or a professional headshot you'll recall the painful process of tilting your chin ever so slightly up and to the right, to achieve the most photogenic angle. And a quick survey of Instagram photos reveals that even the most casual snap-happy users have caught on to our preference for left-sided selfies.

Even before the days of smartphone cameras (or any type of cameras for that matter) artists preferred to paint portraits this way as subjects who were painted in left-cheek poses were perceived to be more open and creative and yes, more beautiful. The famous Mona Lisa of course has her best cheek forward.

So next time you find yourself in front of a camera and insist that you be photographed from your "good side," you'll actually have some science to back up those high-maintenance demands.



Follow Jessica Napier on
Twitter @MetroSheSays

ZOOM

I'm going to go out on a limb



COURTESY A.MASOW DESIGN STUDIO

New way to climb a tree invented

The Tree in a House design provides the ultimate retreat from the hustle and bustle of city life.

"We were approached by a client who wanted a place to meditate and relax on the weekend," says designer Aibek Almasov of A.Masow Design Studio. He continues: "the cylindrical shape provides relaxing, 360-degree panoramic views." **METRO**

Four-storey glass house a sanctuary

The four-storey sanctuary in Almaty, Kazakhstan — prefabricated in a factory and delivered to the forest floor — will be constructed from glass and metal, with plasterboard inner dividing walls and wooden flooring. Indeed, living here is far from getting back to basics with the 'tree house' boasting a kitchen, bio toilet and even a shutter, should you want to keep any peeking critters at bay. **METRO**



Can't see the house through the trees. COURTESY A.MASOW DESIGN STUDIO

Cost

\$381,000

is the cost of the project

Height

12.7 m

or 42 feet, is the height of the building

Worth Mentioning

Insect's last supper discovered ... 46 million years later

In a steamy tropical forest 46 million years ago, a prehistoric mosquito bit a critter, drew blood and was blown into a lake in what is now the northwestern state of Montana. Belly full, she died and sank.

Flash forward to the present. Researchers found the minuscule female insect fossilized in a paper-thin piece of shale — which had sat in someone's basement for 25 to 30 years with other rocks — and concluded it still contains its last supper. A study in the Proceedings of the National Academy of Science reports a first for biology: a blood meal found intact in a fossil.

While the scenario sounds eerily similar to the Michael Crichton book and movie Jurassic Park, no new



This insect drew blood in its last meal, was blown into a lake, belly still full. THE ASSOCIATED PRESS

T. rexes will result.

Unfortunately for would-be dinosaur cloners, the mosquito flew long after dinosaurs went extinct, and its meal was probably blood from a dino descendant, a bird.

Scientists have long thought that DNA from other critters couldn't survive in insect fossils, said the study's lead author. So this is more of a look-what-we-found, that starts out like early chapters of the sci-fi thriller.

THE ASSOCIATED PRESS

Twitter

@metropicks asked: Google wants to attach your name, photo and product review to ads. Is this intrusive or innocuous?

@theaveragegawit: Will this be my big break at becoming a model? #google

@ShonaLiz: I already opted out. Same reason I quit facebook - too intrusive and too much work to always check to opt out

@cynthiabrigg: As a blogger ALWAYS looking for exposure, I love this idea! But I appreciate that it can be opted out of, too.

@MA6hp: If google wants to use my name in an ad, they should have to pay me.

@MariapiaW: Beyond intrusive for me. Glad I was never really active on it.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

DVD review



Pacific Rim

Director. Guillermo del Toro

Stars. Idris Elba, Charlie Hunnam, Rinko Kikuchi

Getting in touch with your inner 12-year-old, as Guillermo del Toro sincerely hopes you will via this robots versus monsters mash-up, has never been this big, loud or awesome. Even if you smirk at the plot conceit of mind-linked humans inside skyscraping robots fighting blockbuster sea beasts, the technical prowess on display can't help but impress. In mounting this tribute to the Japanese movie monsters he has adored since childhood — dino-sized Godzilla, of course, but also the likes of multi-headed Ghidorah, spiky Rodan and winged Mothra — del Toro and his team have laboured to make a complete sensory experience. Through the welcome presence of Rinko Kikuchi, del Toro has also taken pains to put an intelligent and resourceful woman into his testosterone-rich scenario. Robots, monsters and gender equality, too? Pacific Rim is more than just a blockheaded blockbuster. **PETER HOWELL**

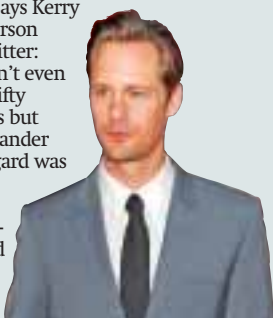
Fifty Shades of speculation

Charming. Powerful. Controlling. Fit. Who will take over the role of Christian Grey, now that Sons of Anarchy star Charlie Hunnam has quit Fifty Shades due to “scheduling difficulties”? The moviemakers, including author E.L. James, have the benefit of being able to look to social media for suggestions. And the leading favourites are:

METRO WORLD NEWS

Alexander Skarsgard

The True Blood star has the right look, what with his sexy vampire eyes. Says Kerry Gooderson on Twitter: “Haven’t even read Fifty Shades but if Alexander Skarsgard was in it I might be persuaded to see it!”



Ian Somerhalder

Another bloodsucker, this time from Vampire Diaries. Says Monique Black on Twitter: “Please please please pick Ian Somerhalder to replace Charlie Hunnam in 50 Shades Of Grey movie!! #happygirl-severywhere”



Matt Bomer

The openly gay star of White Collar gets a vote, too. Says Ashleigh on Twitter: “sorry but literally THE only thing that would make me remotely interested in the 50 Shades film would be Matt Bomer”



Taylor Kinney

Lady Gaga’s boyfriend stars on Chicago Fire. Says Shirley Rodriguez on Twitter: “Just heard @TaylorKinney111 has been nominated to be #CHRISTAIN-GREY #50shades. So estatic to hear this! Perfect match”



Robert Pattinson

American Psycho author Bret Easton Ellis claimed that “E.L. James and I were at Rob Pattinson’s house when she admitted Rob was first choice for Christian.” Now’s his chance! (Ellis, by the way, votes for porn star James Deen.)



Ryan Gosling

Not gonna happen, ever, sorry ladies. Just teasing — we thought you liked that. Now... more importantly... who’s gonna replace Dakota Johnson?



The X-Files. Still looking for the truth, 20 years on

After 20 years, it’s possible for the details of a relationship to get fuzzy.

Just ask David Duchovny and Gillian Anderson, who first premiered their roles as FBI agents Fox Mulder and Dana Scully on The X-Files two decades ago. The series aired nine seasons and resulted in two feature films.

While the two were unsure where they left their relationship in the show and films, the 53-year-old Duchovny and 45-year-old Anderson both said they’re open to making a third X-Files movie.

The actors got together Saturday to mark the 20th anniversary of the series’ premiere. They participated in a

panel discussion for fans at The Paley Center for Media in New York.

When asked where their characters left off, the two weren’t completely clear on the specifics.

“Well they (Mulder and Scully) were married the last movie,” Duchovny said, referring to 2008’s The X-Files: I Want to Believe.

“Were we actually married?” Anderson asked.

“I believe so. That was my impression,” he responded.

Their characters did become romantically involved in the TV series and were a couple during the 2008 movie. However, it was not clear whether they were married.

Both actors are clear,



David Duchovny and Gillian Anderson are up for another X-Files flick.

THE ASSOCIATED PRESS

however, about their interest in another X-Files film. “All the principals are on board,” including X-Files creator Chris Carter,

Duchovny said. “Gillian and I want to do it, so it’s really up to Twentieth Century Fox at this point.”

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Box office

Gravity eclipses Captain Phillips

Gravity won’t be held down. The Warner Bros. astronaut adventure starring Sandra Bullock and George Clooney landed in the top spot at the box office for the second weekend in a row. Gravity earned \$44.3 million, raising its domestic total to \$123.4 million. Sony’s Captain Phillips launched in second place with \$26 million. And the animated Sony movie Cloudy with a Chance of Meatballs 2 gobbled up third place with \$14.2 million in its third weekend, bringing its domestic haul to \$78 million.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Kanye keen to wed Kim... I wouldn't rush in if I were him



STARGAZING
Malene Arpe
scene@metronews.ca

Kanye West has reportedly been begging Kim Kardashian to get married, but she's in no hurry. Well, Kanye can take comfort in knowing that once they're finally married, she'll be in a hurry to get a divorce.

Alan Thicke says he thinks his son Robin and his son's wife Paula Patton are poised to become the new Brangelina if they'd only "adopt a few Ethiop-

ian kids." Coincidentally, a majority of people think Alan Thicke could be the height of class if he'd only adopt the habit of not saying stupid bleep.

Beyoncé is releasing a 2014 calendar. It has three months: Beyoncéptember, Beyonovember and Beyoncébruary.

The producer of Dexter blames Showtime for not allowing the writers to let Dexter die in the finale. Everybody needs to calm down about this. How else would Showtime's new sitcom Brody & Dex: Fun-Loving Fugitive Lumberjacks Perhaps Hiding in Canada work?

Ben Affleck and Justin Timberlake's Runner Runner bombs. The two per-



formers will deal with the psychological scars as soon as they dig themselves out from under their money, Grammys, Emmys, Golden Globes and Oscars.

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Bieber plays the tough guy behind his wall of security

Justin Bieber can't seem to keep himself out of trouble. The Canadian pop star reportedly started a fight in a nightclub in Seoul, South Korea, by sucker-punching Alex Madden, the tour manager of DJ Michael Woods, according to E! News. "Story is (Bieber) and his army of heavy security muscled into the booth halfway through my set in South Korea demanding hip-hop," Woods posted to Twitter following the altercation. "So when I told (Bieber) to f--- off and put some clothes on he took a cheap shot at my tour manager and fled behind a wall of security." Witnesses report seeing a shirtless Bieber acting "aggressive" with Woods and Madden before ordering one of his security guards to slap Madden. When the guard refused to obey, Bieber reportedly punched Madden in the face and quickly fled behind his bodyguards.

Twitter



@AlbertBrooks

I wonder how many people in Congress are getting rich by shorting the stock market.



@HackedOffHugh

Apropos of nothing - Boris is paid £250,000 a year by Channel Islands resident twins, is chum of Murdoch and would like to be Tory leader.



@PattonOswalt

Just saw CAPTAIN PHILLIPS. I had the same ordeal in '05 but not on a boat & no pirates. They mixed up my order at Rally's.



The Smart money is on JLo and Casper splitting

Jennifer Lopez and boyfriend Casper Smart haven't been photographed in public in more than three weeks, and apparently there's a reason for that. Sources tell Radar Online that the couple is heading for a split — and even went through a mini-breakup this summer. "Jennifer is pretty

private about the relationship, but she's been hinting that the spark is gone," a source says. "She's having a hard time ignoring the fact that her head has been telling her for a while that this thing with Casper isn't forever. And now her heart's saying the same thing."



Spears' amazing body in new video may be a HOAX

Britney Spears has been getting loads of praise for her impressive physique in the video for her new single, Work B—, but it looks like she had a little help. HOAX Films, the visual effects studio that performed some digital "cleanup" work on the video,

briefly released and then took down pre-editing images that show a slightly heavier and wider Spears than the one that appeared in the final video. After removing the images from its site, the studio's reps did not reply to a request for comment.

Elisha Dacey

Half Off: Live healthy as a default

Six weeks ago we introduced Metro Winnipeg editor Elisha Dacey, who has teamed up with fitness professional Jordan Cieciva and registered nutritionist Theresa Albert. Dacey wants to lose half of her body weight and has been writing about it in her online blog, Half Off (metronews.ca/half-off).

It's been a tough couple of weeks for Dacey — moving and getting settled in a new house, gallbladder surgery in September — so you won't be surprised to learn that her weight's been roller coastering (she gained and then lost several pounds over a few weeks). The good news: Dacey is back on track and focusing on her weight loss goal.

"I'm getting there!" she says.

Coaches Cieciva and Albert understand it's challenging when life throws a curve ball, but point out that making healthy living a habit makes it way easier to manage.

"Learning to maintain healthy habits through stressful times is critical to long-term weight loss and maintenance — and to managing stress and feeling good every day," said Cieciva.

Many dieters give in to stress.

"But you only get to do this when you are healthy and at a goal weight, and not before. If every stressful week lands you in that mindset, you will never get there," says Albert.

YILVA VAN BUUREN/FOR METRO

Baby bumps and knocked-up diets

Interview. Hilaria Baldwin speaks to Metro about her new fitness DVD and how she lost weight after having her daughter

ROMINA
MCGUINNESS
life@metronews.ca

As she launches her new Prenatal Yoga DVD, Fit Mommy-To-Be Hilaria Baldwin talks to us about her shrinking tummy and post-baby runs.

Many women assume you need to wait at least six weeks after giving birth before they start exercising again. You waited, what, two weeks?

Fitness is something I've done ever since I could walk — I exercised almost every single day of my pregnancy. I walked, did yoga, ballet barre and up until the fifth month, jogged. I wanted to keep circulation in my body and never got swollen feet, ankles or legs. I obviously gained weight, but nothing extreme. There was some fat — as there should be — but I ate well.

What kind of yoga were you doing?

Think about what's going to prepare your body for delivery: you need a strong pelvic floor and you want the baby to travel further downwards. I did a lot of squatting, open



Hilaria Baldwin lets moms-to-be in on some fitness secrets. CONTRIBUTED

twists and hip openers — helping everything release and go down.

Were you on some special knocked-up diet?

It's a diet, but it's not dieting. I ate the stuff I was eating before, just more quantity. So a lot of healthy whole grains, because folic acid is great for the baby's brain development, vegetables, a lot of almonds and walnuts and I added fish to my diet — I'm normally a vegan. I wasn't chowing down on doughnuts. A lot of people were like, 'This is your time to eat sugar!' I didn't want to do that. It wasn't healthy for me or for my baby. It's not a vanity contest.

What, so no cravings?

pregnant!' A lot of it is breast feeding — this is something I didn't know: it burns a lot of calories.

Up to 500 a day, I think

That's what I heard. It stimulates contractions in your uterus that help it return to its normal size. If I'm frank with you, it was the most painful part of my entire pregnancy. But at the same time, I'm looking down at my baby and she's so cute and she's starving. But I enjoy it now.

What advice would you give those new moms who are reluctant to exercise?

If you go little by little, you're always in control; you're not going to get hurt. Be smart, but don't be afraid. Your body is still your body. In the hospital, I started walking up and down the corridors, stretching my ankles and promoting circulation in my arms and legs. The day I got home, my husband and I went for a walk. I was surprised by how tired I was. ... It's hard! You've lost a tremendous amount of blood and you're light headed, but everyday I just felt better and better to the point where I had the guts to do more. I started by giving myself full, very slow yoga classes and by the two-week mark I went to a ballet barre class. After three weeks I went for a jog. My daughter was born five weeks ago today and at this point, I'm doing everything. Did I feel as strong as before? No. But my body told me I was OK and I could go.

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After all that turkey, go green with an easy Chopped Salad

Ingredients

- 2 tbsp (25 ml) PC Roasted Garlic Mayonnaise
- 2 tbsp (25 ml) red wine vinegar
- 1/4 cup (50 ml) olive oil
- 1/4 tsp (1 ml) salt
- 1/4 tsp (1 ml) black pepper
- 1 tub (142 g) PC Organics Baby Romaine, roughly chopped
- 1 small head radicchio, roughly chopped
- Half small head iceberg lettuce, roughly chopped
- 2 cups (500 ml) rinsed and drained canned chickpeas
- 1 inner stalk celery, roughly chopped
- Half small red onion, thinly sliced
- 1 cup (250 ml) cherry tomatoes, cut in quarters
- 1/2 cup (125 ml) pitted green olives, cut in slivers
- 1/2 cup (125 ml) diced sweet red pepper
- 1/2 cup (125 ml) crumbled feta cheese



This recipe serves 12. **PRESIDENT'S CHOICE**

Want an easy way to contribute to a large family get-together that's healthier than grabbing some frozen apps?

Try this Chopped Salad, which is made in two simple steps and uses a great combo

of veggies.

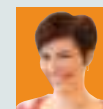
1. In a large bowl, whisk together the garlic mayonnaise and red wine vinegar. Whisk in olive oil, salt and pepper.

2. Add romaine, radicchio, iceberg lettuce, chickpeas, celery, red onion, cherry tomatoes, green olives, red pepper and feta cheese. Toss to coat.

PRESIDENT'S CHOICE

Health Solutions

Pear it up



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Fall harvest is the sweetest time of the year and nothing is sweeter than a fresh pear.

The skins of pears contain three to four times as much phytonutrients as the flesh, but go ahead, eat the whole thing.

Here are a few savoury ways to work all that goodness into yum beyond the usual sweet snack:

• Toss whole, cored but unpeeled pears into butternut squash soup.

• Halve, core and grill pears. Top with blue cheese and pecans and place atop a bed of greens.

• Mash a very ripe pear in a blender with 1/4 cup extra virgin olive oil, 2 tbsp apple cider vinegar plus 1 tsp hot mustard. Use this as a salad dressing or fish drizzle.

• Add a couple of pears, skin on, to roasted root vegetables. They will soften and sweeten the dish.

• Chop pears into cooked whole grain pasta with cooked bacon or pancetta. Toss with extra virgin olive oil, pepper and parmesan cheese.

Any time you think apple, stretch a bit and go pear. You won't regret it.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Lunch. Arugula Salad with Crispy Prosciutto and Shaved Parmesan

Arugula's peppery bite marries perfectly with ra-

dicchio's bitterness in this Italian-inspired salad.

Ingredients

- 1 tbsp (15 ml) olive oil
- 3 slices prosciutto
- 1 tub (142 g) PC Organics Baby Arugula
- Half head radicchio, torn into bite-sized pieces
- 1 cup (250 ml) cherry tomatoes, halved
- 1/4 cup (50 ml) olive oil
- 2 tbsp (25 ml) balsamic vinegar
- 1/4 tsp (1 ml) salt
- 1/4 tsp (1 ml) freshly ground black pepper
- 1/3 cup (75 ml) shaved Parmigiano Reggiano

1. In nonstick frying pan heat 1 tbsp (15 ml) olive oil over medium heat; cook prosciutto for 2 to 3 minutes per side or until browned and crisp. Drain on paper towel. Tear into large pieces and set aside.

2. In large bowl, toss together arugula, radicchio and cherry tomatoes.

3. In small bowl, whisk together 1/4 cup (50 ml)



olive oil, vinegar, salt and pepper; pour over arugula

mixture and toss to coat. Transfer to serving platter.

Top with prosciutto and Parmigiano. **PRESIDENT'S CHOICE**



And here's your moment of Zen

Meditative moments.

The author of *Walk Like a Buddha* describes how a sense of being present can improve your relationships, social life and work

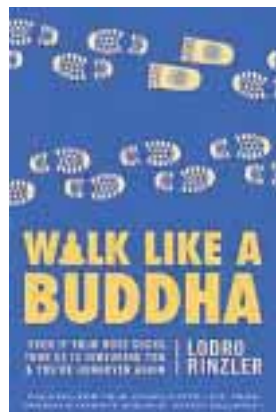
MAJA LUNDAGER PEDERSEN

Metro World News in New York City

Take a posture that's dignified but relaxed: Sit up straight, and feel grounded as you sense your weight pressing into the floor.

Now connect with your breath. Tune into the rhythmic cycle of your breathing and let that breath centre you in the present moment. When you get distracted, say "thinking" to yourself and come back to the breath. You are now ready to start walking like a Buddha.

Lodro Rinzler, the author of a new book called *Walk Like a Buddha*, has been practising Buddhism since he was 11, and says his book is a compilation of questions people have asked him about his faith.



"The Buddha walks with a sense of being present with what is," Rinzler says. "And that's what the book communicates. How much can we show up and manifest and be there for our life? Even when our boss is yelling at us, even when we are making love, even when we are out with friends on a Friday night."

The questions revolve around five points: How to get a meditation practice going, and how to apply that practice to your romantic life, your social activities, your charitable endeavours and your



Author Lodro Rinzler says if you start taking even 10 minutes to meditate, you'll notice a gradual change in yourself. ISTOCK

work. Rinzler said he looked for "common themes" when choosing which questions to feature.

One statement the author was particularly struck

by was, "I don't feel worthy of being loved." He says that based on his experience, that feeling most often originates with something underlying — that the person has been

told he or she is not good enough, smart enough, pretty enough and so on. Rinzler feels that it's a general issue in North America, but that meditation can help.

"We all possess the same seed for waking up, becoming in mind like the Buddha. He was not so special. We could do that too. We could have faith in a basic goodness or a basic worthiness," Rinzler says.

The author thinks it's worth a try to see if meditation can change something for you. If it doesn't, though, that's OK too.

"More often than not, if you actually do sit down (and take) even just 10 minutes to meditate, you start to notice a gradual change in yourself," he says.

"You start to notice that you are being more present when you are having a conversation with someone. You are less reactive. And that feels liberating."

It helped him a lot, especially when his father became ill. Through meditation he realized that the most powerful thing he could do was to just be present for his father instead of constantly trying to talk to all the doctors and fix all situations.

"The question is, do we always have to try to manipulate and control our situation? And the answer is no."

Forget the turkey —it was a big weekend for celeb weddings

Rose McGowan, 30 Rock's Keith Powell, Mad Men's Ben Feldman, Guns N' Roses' Matt Sorum and Jason Wahler of Laguna Beach got officially hitched on Saturday — but not to each other — while Pharrell Williams celebrated his recent marriage with a big ol' Miami party.

McGowan and Powell each wed artists: McGowan to Davey Detail in Los Angeles and

Powell to Jill Knox in New York City.

Feldman decided to take his celebration to the country with his wedding to Michelle Mulitz on a Maryland farm. "No amount of thunderstorms, police chases, government shutdowns or self-immolations could keep us from having the best party of our lives," he told People.

Sorum wed on Saturday in

Palm Springs in front of celebrity guests Jane Lynch, Juliette Lewis and Gina Gershon. Wahler, whose claim to fame is that he was Lauren Conrad's first serious boyfriend, married a model (does it matter what her name is?) on Saturday in — where else? — California.

Oh, and Williams had a celebration in honour of his hush-hush August marriage to Helen Lasichanh for friends

and family in Miami.

According to People, the two were aboard a yacht called Never Say Never before exchanging vows at the Kampong National Tropical Botanical Garden.

And one celeb engagement

Speaking of Wahler, his ex Lauren Conrad became engaged to musician William Tell this weekend — the former Some-

thing Corporate guitarist, not the Swiss hero who landed his own overture.

Conrad shared the news on her blog over the weekend, along with a pic of her new bling.

Why she didn't want to marry Aaron Burr or another famous figure from history, who knows?

DOROTHY ROBINSON/METRO WORLD NEWS IN NEW YORK CITY



Rose McGowan GETTY IMAGES





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Electronic outages such as an Internet shutdown could wreak havoc on financial transactions, which is why it's important to keep a hard-copy backup of important information. ISTOCK

Mad at Rogers? Here's what the cell outage can teach us

Blackout blues. Getting cash, paying bills and trading stocks can all be interrupted when electronic systems fail



YOUR MONEY
Alison Griffiths
money@metronews.ca

Oct. 9, 2013 will go down as the day the world went dark — at least for Rogers wireless customers. OK, maybe that's a bit melodramatic. After all, what are a few hours without cell service?

But as my mother would say daskly, "It's the thin edge of the wedge."

Take the Rogers outage as a warning that electronic systems, from ATMs to email, can fail. And when they do,

the repercussions are annoying at the very least, but in some cases, they're potentially significant.

An Internet shutdown could delay bill payments, triggering penalties or interest charges. Without e-banking, you might not be able to complete a time-sensitive transfer of funds.

And what would happen to last-minute types who couldn't make an RRSP contribution in time?

I kissed thousands of dollars goodbye during the stock market Flash Crash of 2010 when the Dow Jones plummeted about 1,000 points.

I was in Washington, D.C., and dashed to my computer to buy shares of favourites such as Johnson & Johnson, but couldn't remember my trading password. Gmail had seized up, so I couldn't get into Drive, where the information was stored in encrypted form.

Down the drain

I kissed thousands of dollars goodbye during the stock market Flash Crash of 2010, when the Dow Jones plummeted about 1,000 points.

Then, of course, there was the famous blackout of 2003 when the simplest activities from getting cash to gas were impossible. So a word to the wise — be prepared.

Back up critical numbers

Roadside assistance and other important numbers should be in written form and carried with you.

Schedule payments

Have a hard-copy schedule of bills due, phone contacts and personal ID information.

Keep a cache of cash

Have enough for a household to manage for about a week, including gas and groceries.

Back up personal info

Cloud computing makes it easy to relegate data to the cyber sphere. Ensure there's a hard copy available.

Create a backup plan

The day after the Rogers outage, a parent told me that his nine-year-old son was panicked when no one picked him up after hockey practice. Because his cellphone wasn't working he couldn't contact anyone.

Also, he had no cash, no idea how to use a pay phone or how to ask for help. Drill children on what to do in case of a cyber crash. It might be as important these days as a fire drill.



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*Based on \$12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of \$3200 @ 19% per annum with monthly payment of \$150/month, and \$1000 @ 25% per annum with monthly payment of \$100 and loan of \$8000 with 3 year term @ 9% per annum with monthly payment of \$265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ©/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

Red Wings' Monster scares up win in place of Howard

NHL. Gustavsson stops 28 shots in season debut to beat Bruins 3-2

Jonas Gustavsson didn't have a lot of time to plan for his first action of the season.

Gustavsson didn't find out until nearly game time that Detroit's No. 1 goaltender Jimmy Howard was going to be sidelined with a catching-hand injury. Then the backup stopped 28 shots and led the Red Wings to a 3-2 win over the Boston Bruins on Monday afternoon.

"Maybe 15, 20 minutes before the game started," Gustavsson said, sitting at his locker taking his equipment off in a nearly empty dressing room following the win. "It felt good. I was excited to play. It's always fun to go out and have your first game, especially when we have a chance to win."

And the Red Wings (4-2) had to hang on right until the last second to get their second straight victory.

Milan Lucic's 100th career goal sliced it to 3-2 with 1:20 to play. With Bruins net-minder Tuukka Rask pulled for an extra skater, Boston

Howard's hand injury

Detroit goalie Jimmy Howard doesn't think he'll be able to play in the next game at home against Columbus on Tuesday night.

- "Doubtful," he said. "We're really just going to have to wait and see. Hopefully it'll heal fast."

had the puck in Detroit's zone for nearly all of the final 80 seconds.

Stephen Weiss and Daniel Cleary scored second-period goals for the Wings. Henrik Zetterberg had the other score.

Loui Eriksson had Boston's other goal. The Bruins had a two-man power-play advantage for nearly two minutes early in the third period, but couldn't mount a comeback.

"It looks like we're feeling the pressure of not scoring goals," Boston coach Claude Julien said. "Our goal-scoring confidence is not where we need it to be and we've got to get that straightened out."

Rask made 24 saves for Boston (3-2).

THE ASSOCIATED PRESS



Red Wings goalie Jonas Gustavsson and defenceman Jonathan Ericsson protect the goal against the Bruins' Reilly Smith in Boston on Monday afternoon. ELISE AMENDOLA/THE ASSOCIATED PRESS

Two late goals hand Knights second loss



Chris Tierney COURTESY OHL

The London Knights found a tough way to end a five-game winning streak on Monday.

With a 2-1 lead late in the third period, the Knights' Josh Anderson was given a boarding major and a game misconduct, leading to two Kitchener Rangers' power-play goals — one in regulation, one in overtime — and resulting in a 3-2

win for the Rangers.

The Rangers had lost three in a row, but the late comeback sent the Ontario Hockey League crowd of 7,211 Thanksgiving Day fans in Kitchener home happy and the Knights fuming.

The Knights weren't pleased with the Anderson boarding call against Jared Gil-

bert, who stayed down on the ice but was later able to skate off on his own. After the hit, Anderson fought Matia Marcantuoni of the Rangers with each of the players getting fighting majors in addition to Anderson's extra penalties.

Anthony Stolarz stopped 36 of 39 shots and was the Knights' best player. Kitch-

ener goalie Tyson Teichmann, a 20-year-old former Knight, made 27 saves in the win.

Anderson was also busy in the first period as he scored on a power play and then went toe-to-toe with the Rangers' Ben Thomson.

Chris Tierney scored early in the third on a breakaway.

DAVE LANGFORD/METRO

Drug testing

WADA set to audit Jamaican agency

The world's anti-doping authority is launching an "extraordinary" audit of Jamaica's drug-testing agency following allegations that its policing of the island's sprinting superstars led by Usain Bolt all but collapsed in the months before they dazzled at the London

Games, The Associated Press has learned.

The World Anti-Doping Agency's probe follows data the former executive director of the Jamaica Anti-Doping Commission revealed to the Caribbean's oldest newspaper indicating a near complete breakdown in JADCO's out-of-competition testing from January 2012 to the July opening of the Olympics.

THE ASSOCIATED PRESS

NFL

Bills sign QB Flynn

The Buffalo Bills signed free-agent quarterback Matt Flynn on Monday in their latest bid to shore up an injury-depleted position.

Coach Doug Marrone said Flynn could serve as the backup to interim starter Thad Lewis against Miami Sunday.

THE ASSOCIATED PRESS

CFL

Ford steers Blue Bombers past Als

Will Ford caught a touchdown pass and ran in another as the Winnipeg Blue Bombers (3-12) kept their slim CFL playoff hopes alive with a 34-27 victory over the Montreal Alouettes (6-9) on Monday afternoon.

THE CANADIAN PRESS



Will Ford, left, celebrates scoring a touchdown with teammate Michel-Pierre Pontbriand. THE CANADIAN PRESS

4 SPORTS

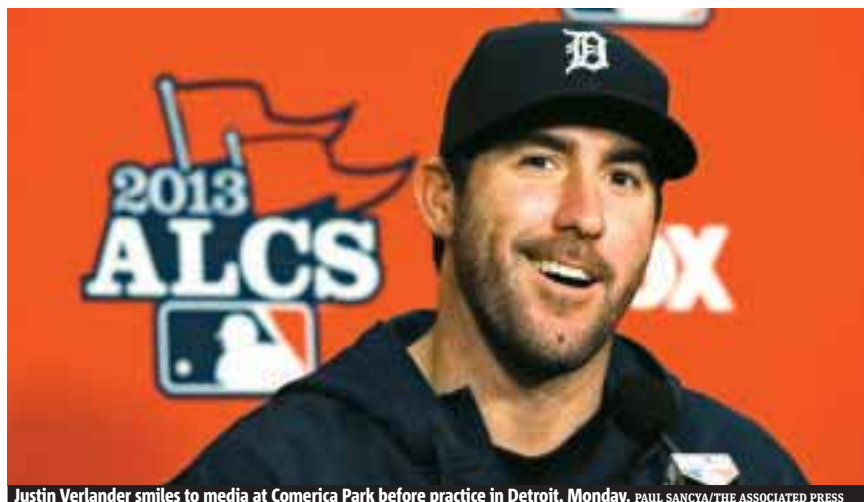
Verlander looks to tip the scales after weekend split

MLB playoffs. Red Sox escape with comeback win Sunday to tie series after conceding 32 strikeouts to Tigers

The last time Justin Verlander took the mound, his team's season was on the line.

The stakes won't be quite that high for his next start, but the Detroit Tigers could certainly use another brilliant performance from their star right-hander after blowing a chance to take control of the AL championship series.

Detroit wasted a five-run lead Sunday night in Game 2, allowing the Boston Red Sox to even the series with a 6-5 victory. David Ortiz's tying grand slam in the eighth inning snapped the Red Sox out of a hitting funk, and if Boston goes



Justin Verlander smiles to media at Comerica Park before practice in Detroit, Monday. PAUL SANCYA/THE ASSOCIATED PRESS

on to win the pennant, there may be little doubt about the turning point in this series.

Verlander's job is to steady the defending AL champion

Tigers.

"Obviously that was a tough one," Verlander said. "At the same time you know this series is going to be a dogfight ..."

The Tigers looked like they were ready to roll through the series after they won the opener and took a 5-0 lead in Game 2. Anibal Sanchez held Boston

hitless for six innings on Saturday, and Max Scherzer allowed a run and two hits in seven innings Sunday.

Boston trailed 5-1 in the eighth in Game 2 before a remarkable rally against four relievers. Ortiz tied it with a two-out grand slam.

"I made a mistake that I take full responsibility for," Tigers manager Jim Leyland said. "I should have just reminded him that we didn't want Ortiz to really beat us. He tried to make a great pitch. He tried to get it low and away out of the strike zone, but he didn't get it there."

Boston managed to win one of two at home despite striking out 32 times — eight more than the previous record for the first two games of an LCS, set by the Dodgers a day earlier. The Red Sox are hopeful their bats will come around, starting against Verlander in Game 3 at Comerica Park on Tuesday.

THE ASSOCIATED PRESS

Post-season comebacks

- **1929.** Tigers fans can take solace in the fact that Detroit's meltdown was nothing compared to what happened in the 1929 World Series. The Chicago Cubs led 8-0 in Game 4 before Philadelphia scored 10 runs in the bottom of the seventh. The Athletics won 10-8 and closed out the series a game later.
- **1992.** In Game 7 of the NLCS, Atlanta trailed Pittsburgh 2-0 in the 9th before winning the pennant. The Pirates were up by a run with two out when Francisco Cabrera — who had only 11 plate appearances during the season — hit a two-run single. The winning run was scored by slow-footed Sid Bream.
- **1993.** No lead seemed safe against the 1993 Blue Jays, thanks to an offence that included Rickey Henderson, Roberto Alomar, Paul Molitor, Joe Carter and John Olerud. The Jays wiped out a five-run deficit in the 8th of Game 4 of the World Series, beating Philadelphia 15-14.

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NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pts
Toronto	6	5	1	0	23	15	10
Detroit	6	4	2	0	16	15	8
Boston	5	3	2	0	12	8	6
Montreal	5	3	2	0	17	10	6
Tampa Bay	5	3	2	0	18	14	6
Ottawa	5	1	2	2	11	16	4
Florida	6	2	4	0	13	24	4
Buffalo	6	0	5	1	6	16	1

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pts
Pittsburgh	5	4	1	0	20	13	8
Carolina	6	2	2	2	13	18	6
NY Islanders	5	2	2	1	16	13	5
Columbus	4	2	2	0	11	10	4
New Jersey	6	0	3	3	11	21	3
NY Rangers	5	1	4	0	9	25	2
Washington	5	1	4	0	13	20	2
Philadelphia	6	1	5	0	8	17	2

Monday's results

Detroit 3 Boston 2
Edmonton at Washington
Minnesota at Buffalo

Sunday's results

Phoenix 5 Carolina 3
Los Angeles 3 Florida 0
Winnipeg 3 New Jersey 0
Anaheim 4 Ottawa 1

Tuesday's games — All Times Eastern
Minnesota at Toronto, 7 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pts
Colorado	5	5	0	0	18	4	10
St. Louis	4	4	0	0	19	7	8
Chicago	5	3	1	1	15	13	7
Minnesota	5	2	1	2	14	12	6
Winnipeg	6	3	3	0	17	16	6
Dallas	4	2	2	0	9	11	4
Nashville	5	2	3	0	9	15	4

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pts
San Jose	5	5	0	0	24	7	10
Anaheim	5	4	1	0	18	12	8
Calgary	5	3	0	2	18	17	8
Phoenix	6	4	2	0	17	17	8
Los Angeles	6	4	2	0	16	14	8
Vancouver	6	3	3	0	17	20	6
Edmonton	5	1	3	1	17	25	3

Note: Two points for a win, one point for overtime loss.

Chicago at Carolina, 7 p.m.
Vancouver at Philadelphia, 7 p.m.
Edmonton at Pittsburgh, 7 p.m.
Buffalo at NY Islanders, 7 p.m.
Los Angeles at Tampa Bay, 7:30 p.m.
Florida at Nashville, 8 p.m.
Montreal at Winnipeg, 8 p.m.
Columbus at Detroit, 8 p.m.
San Jose at St. Louis, 8 p.m.
Dallas at Colorado, 9 p.m.
Ottawa at Phoenix, 10 p.m.

MLB PLAYOFFS

ALCS

BOSTON VS. DETROIT

(Series tied 1-1)

Sunday's result

Boston 6 Detroit 5

Tuesday's game — All Times Eastern

Boston (Lackey 10-13) at Detroit (Verlander 13-12), 4:07 p.m.

Wednesday's game

Boston (Peavy 12-5) at Detroit (Fister 14-9), 8:07 p.m.

Thursday's game

Boston (Lester 15-8) at Detroit (Sanchez 14-8), 8:07 p.m.

NLCS

ST. LOUIS VS. L.A. DODGERS

(St. Louis leads series 2-0)

Monday's result

St. Louis at L.A. Dodgers

Saturday's result

St. Louis 1 L.A. Dodgers 0

Tuesday's game

St. Louis (Lynn 15-10) at L.A. Dodgers (Nolasco 13-11), 8:07 p.m.

Wednesday's game

x-St. Louis (Kelly 10-5) at L.A. Dodgers (Greinke 15-4), 4:07 p.m.

Friday's game

x-L.A. Dodgers (Kershaw 16-9) at St. Louis (Wacha 4-1), 8:37 p.m.

CFL

WEEK 16

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
x-Toronto	15	9	6	0	425	394	18
x-Hamilton	15	8	7	0	384	401	16
Montreal	15	6	9	0	376	419	12
Winnipeg	15	3	12	0	313	486	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
x-Calgary	15	12	3	0	486	349	24
x-Saskatchewan	15	10	5	0	433	325	20
x-B.C.	15	9	6	0	421	390	18
Edmonton	15	3	12	0	349	423	6

Monday's results

Winnipeg 34 Montreal 27
Hamilton 24 Toronto 18

Friday's game — All Times Eastern
Calgary at Edmonton, 9 p.m.

MLS

EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
New York	15	9	8	50	39	53
Kansas City	15	10	7	44	29	52
Houston	13	10	9	39	37	48
Montreal	13	11	7	48	46	46
Chicago	13	12	7	44	47	46
Philadelphia	12	10	10	40	40	46
New England	12	11	9	45	36	45
Columbus	12	15	5	40	42	41
Toronto FC	5	16	11	29	46	26
D.C. United	3	22	7	21	56	16

WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Portland	13	5	14	49	33	53
Real Salt Lake	15	10	7	55	40	52
Seattle	15	11	6	41	39	51
Los Angeles	14	11	6	51	37	48
Colorado	13	10	9	42	33	48
San Jose	13	11	8	33	41	47
Vancouver	12	11	9	48	42	45
FC Dallas	10	11	11	45	50	41
Chivas USA	6	18	8	29	60	26

Sunday's result

Portland 1 Seattle 0

Wednesday's game — All Times Eastern

Montreal at Los Angeles, 10:30 p.m.

Friday's game

D.C. United at Kansas City, 8 p.m.

Horoscopes

Aries

March 21 - April 20

Some of the things you have to do today may seem dull but there are ways to make them more interesting. There is no such thing as a boring job. It's as exciting as you make it.

Taurus

April 21 - May 21

There is a genuine chance that one of your most cherished dreams will come true by the end of the week. Be super positive about it and don't listen to those who tell you not to get your hopes too high.

Gemini

May 22 - June 21

You will find it easier to understand why some people act the way they do but you won't find it easier to forgive them. You demand certain standards so others need to shape up or ship out.

Cancer

June 22 - July 23

You may have to make a sacrifice today but it will be worth it. Do what others expect of you and, if possible, with a smile on your face. Make life easy for others and for yourself.

Leo

July 24 - Aug. 23

Life may be a serious business but you don't have to be a grouch about it. The planets urge you to focus on the funny side of whatever annoying situation you find yourself in.

Virgo

Aug. 24 - Sept. 23

Mars, planet of energy, moves into your sign today, so you will be pushing yourself even harder than you usually do. That's great but be warned that if you try to do too much too soon, it could all go wrong.

Libra

Sept. 24 - Oct. 23

Why are you looking over your shoulder? Most likely it's the influence of Mars in the most sensitive area of your chart. Ignore it and go about your business.

Scorpio

Oct. 24 - Nov. 22

You can expect amazing times in the days and weeks ahead. You may not want to do anything specific yet but start making plans. Get your friends involved. The more you share, the more you will succeed.

Sagittarius

Nov. 23 - Dec. 21

The movement of Mars across the most ambitious angle of your chart today will help you to believe that all things are possible. However, you must have a clear vision of what it is you want to achieve.

Capricorn

Dec. 22 - Jan. 20

What currently seems difficult is about to come easy. It may even appear to happen as if by magic. The more positive an attitude you adopt, the more fantastic the results will be.

Aquarius

Jan. 21 - Feb. 19

It's not like you to fear what you don't understand but that seems to be the case right now. How do you overcome it? By finding out as much about it as you possibly can.

Pisces

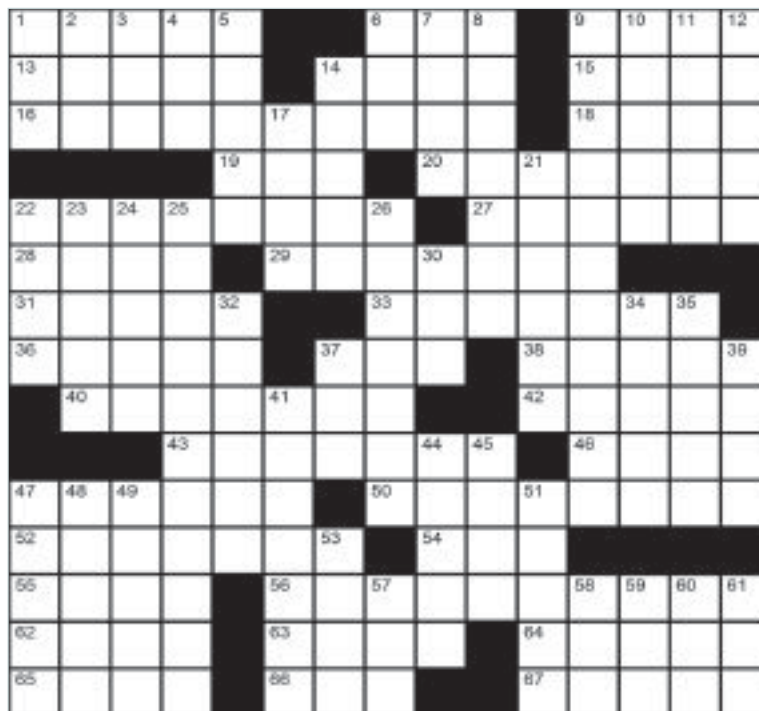
Feb. 20 - March 20

As Mars moves into your opposite sign, you will find some people rub you the wrong way and it could lead to a few bad words between you. Even a Pisces gets snappish once in a while. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- News station on "The Mary Tyler Moore Show"
- Dictionary abbr.
- Shut down
- Eagle's nest [var. sp.]
- Sacred Buddhist peak
- Bright fish
- Mercedes-Benzes: 2 wds.
- 'Motor' suffix
- Buck's partner
- In a dangerous manner
- Son, as in The Bible
- In layers
- River of England
- Pained: 2 wds.
- Supermodel Ms. Nemcova
- Hostilities
- Family of lambs
- After-R trio
- '60s song: "Shake ___ Feather"
- Gilda Radner character from SNL, Lisa ___
- Wild dog of Australia
- Most tidy
- Egg holders, for short
- Actor Mr. Wood
- Yukon: ___ Trail National Historic Site of Canada
- Labradorite = Feldspar ___



- "Am ___ brother's keeper?"
- ___ Seltzer
- Stories about Vikings, for example: 2 wds.
- Valley variety
- Mr. Wyle
- The end.
- Director Mr. Pol-

- lack, et al.
- Classic TV Cousin
- '50s group, Frankie ___ & The Teenagers

Down

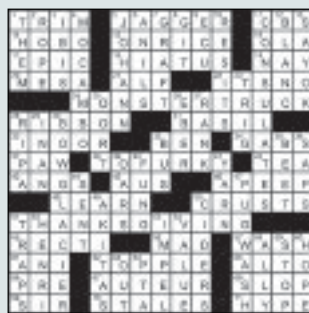
- ___-Mart
- Game: French

- Mystery man, ___ -
- Ancient war god
- Rigoletto opera composer
- Org. for US physicians
- Author, Earl ___ Biggers
- Tourist
- Duncan, BC's huge

- Douglas Fir created attraction: 2 wds.
- Bit of "Send in the Clowns": "Are we ___?"
- Soup scooper
- We'd opposite
- Pacific place
- Mr. Bear
- Irish songstress

- Ms. O'Connor
- Bursts balloons
- "The Fisher King" (1991) Oscar-winner Mercedes
- Prefix with 'arthritis'
- Item from her mom's fashion line that Beyonce is wearing in "Single Ladies": 2 wds.
- French artist, Henri de Toulouse-___ (b.1864 - d.1901)
- Wildebeest
- Materialize
- So much, in music
- "___ 'the Times'" by Prince
- Fixed
- Confused
- NWT: ___ National Park Reserve
- ___ kebab
- Clock purpose
- Online publications, e.g.
- Canadian actress, Evangeline ___
- Signed, as a deal
- Disinfectant brand
- Swag
- Rodent
- "Judging ___"
- Ring rock
- Back then
- Francisco's friend?

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

7	1	9	6	2	3	8	4	5
2	5	3	8	1	4	7	9	6
8	6	4	5	7	9	1	2	3
6	4	5	1	3	8	9	7	2
3	9	7	2	4	5	6	8	1
1	8	2	9	6	7	5	3	4
4	2	1	7	9	6	3	5	8
5	7	8	3	8	2	4	1	9
9	3	8	4	5	1	2	6	7

3			2		7			
5	9						3	2
	1			3		7		
	4		5	7				6
		5				2		
8				4	2			1
		8		2			4	
6	2						5	9
			9		3			8

Today

18°/9°

Variable

Wednesday

17°/8°

Showers

90%

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